

TAKE THE CALL

A SHORT CALL COULD MEAN A LONGER LIFE



STARTING JULY 1

A licensed health care professional may call to offer you services to better manage your health. Take a few minutes to talk to the coach. What you learn could make a real difference in improving your health. Your dedicated, specially trained Health Coach offers:

- Interactive programs tailored to your personal needs
- Help setting your health goals
- Motivation to follow through with your plan
- Reviews of your progress
- Strategies to help you overcome stumbling blocks
- One-on-one support to meet your goals

COACHING IS CONFIDENTIAL AND VOLUNTARY

All information shared during your phone conversations with a Health Coach will remain confidential and will not be shared with your employer, your manager or other employees. There is no obligation to participate in the programs offered. If you do not want to participate in coaching conversations, simply tell the Health Coach and no further attempt will be made to contact you.



TAKE THE CALL

A Health Coach may call you to:

- Offer personal coaching to quit tobacco and tips for losing weight
- Help you better manage your diabetes, heart disease and asthma
- Talk about ways to treat your back pain without surgery
- Provide care coordination after a hospital stay

Find out how a short call could mean a longer life. Take the call — or contact a Blues On CallSM Health Coach directly at 1-888-BLUE-428 (1-888-258-3428).